



Annual Community Report 2017

Strengthening Children, Families and Community



A Message from Our Executive Director

This community report presents First 5 Humboldt's work to promote comprehensive, integrated systems of services to foster children's healthy development and help them meet their full potential. Our partners have joined with us to help address the many challenges facing families in our county. These challenges include many children and families living in areas of concentrated poverty (50% higher than the state average), a higher rate of children in foster care (twice the state average), the highest percentage of residents with 4 or more adverse childhood experiences (ACEs), among other concerns.

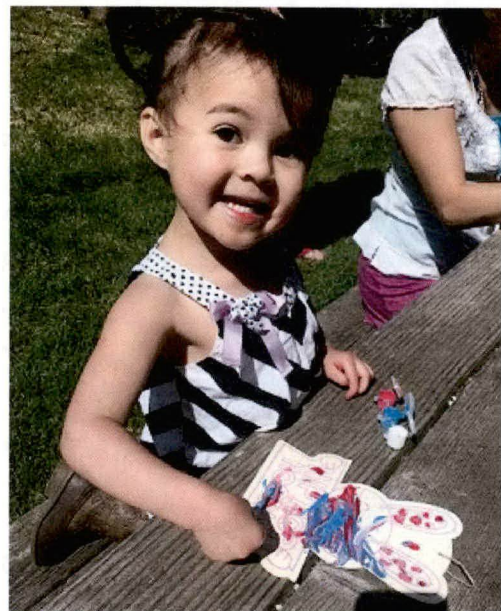
Humboldt also has a number of committed agencies working to help our youngest children be successful. First 5 Humboldt has forged new partnerships and deepened others to provide more services to our community, while maintaining existing programs and balancing our declining tobacco tax revenue. In 2017, through our partnership with the County of Humboldt's Department of Health and Human Services, we expanded our early childhood mental health supports to First 5 Humboldt Playgroups, with a focus on outlying areas and bilingual playgroups; in consultation with foster parents, we began planning the 2018 training series for foster families on supporting children who have experienced trauma; and enhanced various First 5 Humboldt services. In an effort to be equitable, we re-designed our First 5 Humboldt Playgroup and Family Resource Center funding process.

In all our work, we are focused on providing services that demonstrate an ability to strengthen families and prevent negative outcomes. Our rigorous evaluation helps us understand what best serves the needs of Humboldt families. We invite you to join us in this work to nurture Humboldt's youngest children. Please consider serving on a First 5 Humboldt committee, volunteering with one of our partners listed on the back cover, or reaching out to policymakers on issues that affect families. It will take all of us working together to create a better future for our children.

Respectfully,
Mary Ann Hansen
Executive Director

Our Vision

All Humboldt County children thrive in healthy, supportive, nurturing families and neighborhoods, enter school ready to learn and become active participants of their community.



Protective Factors

Protective Factors are strengths and supports that allow children to succeed despite many risk factors. Research supports that when the Protective Factors are present they create healthy environments for the optimal development of children. Examples of Protective Factors include:

- Parental Resilience
- Concrete Support in Times of Need
- Social-Emotional Competence of Children
- Knowledge of Parenting and Child Development
- Social Connections

Evidence also shows that these are the factors that diminish the likelihood of abuse and neglect. First 5 Humboldt funds programs and activities that promote the Protective Factors. Throughout this report, the symbol below will indicate program information that is related to the Protective Factors.



"I've made lasting friendships and so have my children! It has shaped my journey as a parent."

-Parent comment about First 5 Humboldt Playgroup

Programs & Services

First 5 Humboldt's mission is to work with families and community organizations to promote comprehensive and integrated systems of services for early childhood development in order to foster secure, healthy, and loving children eager to learn and develop their full potential. In 2017, First 5 Humboldt funded programs, including playgroups, which provided services in the focus areas of family support, early education, and children's health. Based on California Department of Finance estimates, the number of children 5 years old or under in Humboldt in 2017 was 9,052.



2017

**Unduplicated
Numbers Served by
First 5 Humboldt
Programs***

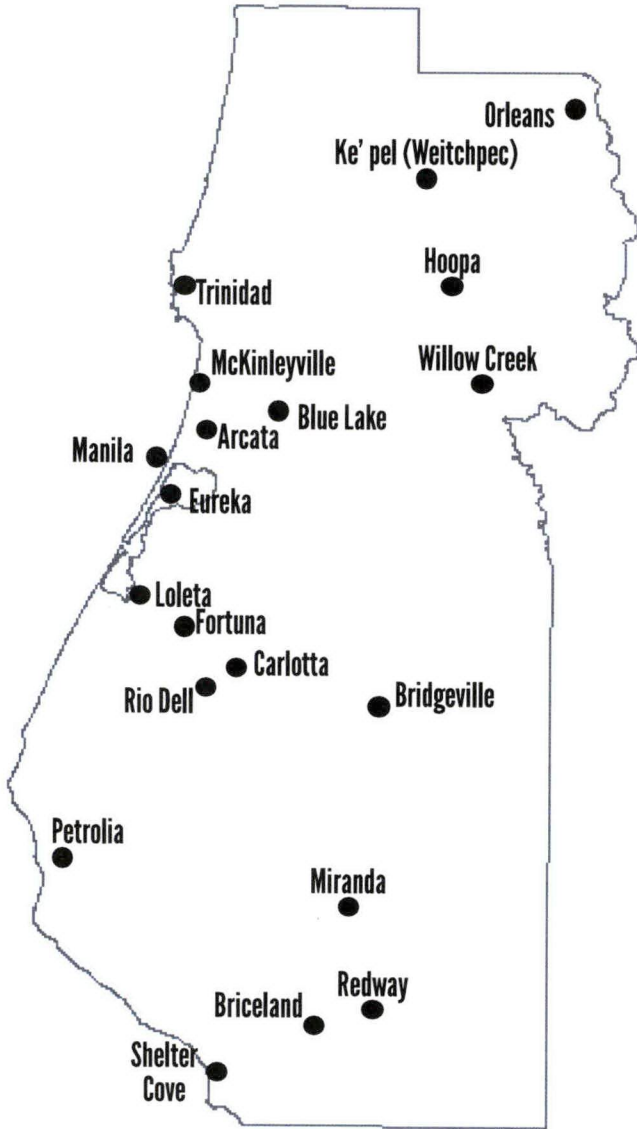
7,404
Children

5,652
Parents,
Caregivers, Other
Family Members
& Providers

29
**First 5 Humboldt
Funded Programs**

*Participant counts are unduplicated within programs. Across programs, counts can be duplicated.

Programs & Services Continued



20

**Humboldt
County
Communities
Served in
2017**

96%

Parents/Caregivers participating in First 5 Humboldt Parent and Family Support Programs who believe the program has had a **POSITIVE EFFECT** on their child or family.

99%

Parents/Caregivers participating in First 5 Humboldt Playgroups Programs who believe the program has had a **POSITIVE EFFECT** on their child or family.

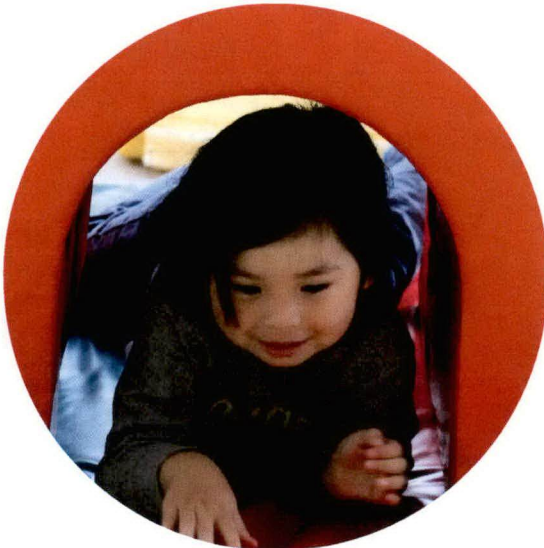
Family Support

Funding parent and family support programs is a priority for First 5 Humboldt. Research shows that social support networks and other informal supports reduce social isolation and are associated with improved parenting skills, greater knowledge of child development, and improved family relations. First 5 Humboldt Playgroups are a major source of support to parents and families in Humboldt County.



18 First 5 Humboldt Playgroups

2017 Number of Playgroup Visits



15,307
Children 0-5



12,724
Parents/Caregivers

Family Support Continued

Playgroup Participation and Parenting

2017 survey data collected from parents and caregivers who attend First 5 Humboldt Playgroups showed that playgroup attendance is significantly related to improvements in parenting capacity*.



Increase in Playgroup Participation



- Increase in parent and caregiver agreement with the following statements:
- >> I deal better with parenting issues
 - >> I feel more supported as a parent
 - >> I feel less stress
 - >> I have learned more about what skills/behaviors are typical for my child's age
 - >> I have discovered new things about my child's strengths/needs
 - >> I know where to get information about services and activities for my family
 - >> My child and I are more connected to other children and adults
 - >> My child and I engage in play together more often
 - >> I have someone to talk with about my concerns and frustrations

* Data was analyzed using a Spearman's Rank Order correlation test. A 95% level of significance ($\alpha = .05$) was selected for these inferential statistical tests.

"It is awesome. It has helped me build confidence as a parent, I've made friends. My child is learning sharing, proper interaction, and confidence"

-Parent comment about First 5 Humboldt Playgroup

Children's Health

For First 5 Humboldt, health means more than the physical body being free of disease. Health also includes emotional stability and a sense of well-being, positive connections to other people, and enough financial and other resources to meet physical, emotional, and social needs. Because of this understanding, First 5 Humboldt funds and supports programs that positively affect the physical, emotional, social, and economic health of young children and pregnant women.



Prenatal Care

First 5 Humboldt provides funding to the St. Joseph Health Paso a Paso Program and the Humboldt County Department of Health and Human Services, Public Health Branch, Nurse Family Partnership (NFP). Both programs work with pregnant women to get early prenatal care.



Percentage of Clients Who Received Early Prenatal Care

83.7%

NFP Clients
enrolled between
July 2009 -
December 2017

83.3%

2017
Paso a Paso
Clients

77.9%

2020
Healthy People
Target

In 2017, both the Paso a Paso Program and NFP were above the national Healthy People 2020 objective for this health priority.

Children's Health Continued

Early Childhood Mental Health Support for Families

Parents and caregivers have the opportunity to talk with Early Childhood Mental Health Specialists during playgroup about any questions or concerns they have regarding child development, family functioning, and other topics. 2017 survey data showed that parents and caregivers who consulted with a Specialist at playgroup had better outcomes than those who did not speak with a Specialist*.



Parents and Caregivers who talked with an Early Childhood Mental Health Specialist at Playgroup reported that they



- >> Deal better with parenting issues
- >> Feel more supported as a parent
- >> Feel less stress
- >> Learn more about what skills/behaviors are typical for their child's age
- >> Discover new things about their child's strengths/needs
- >> Know where to get information about services and activities for their family
- >> Feel their family is more connected to other children and adults
- >> Engage in play with their child more often
- >> Feel they have someone to talk with about their concerns and frustrations

* Data was analyzed using a Fisher-Freeman-Halton Exact Test. A 95% level of significance ($\alpha = .05$) was selected for these inferential statistical tests.

"They are a wonderful, valuable resource for our rural community. We could benefit significantly from more time with them."

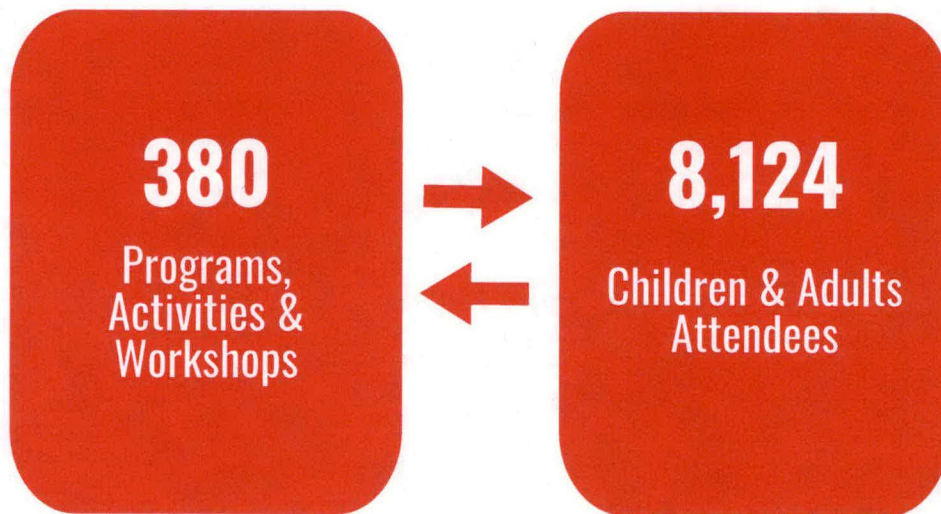
-Parent comment about First 5 Humboldt Early Childhood Mental Health Specialists

Early Education

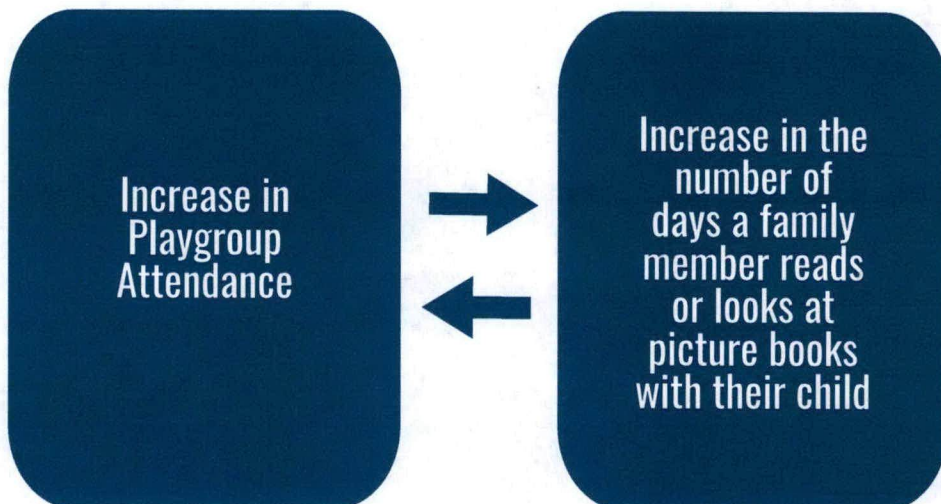
The need for high quality early education opportunities has been a consistent concern and focus for First 5 Humboldt throughout the years.



Library Partnership



2017 Program Participant Survey for Playgroups - Statistically Significant Results Related to Reading



Early Education Continued

2017 Kindergarten Screening Tool (KST) Results

The Humboldt County Office of Education (HCOE) developed the Kindergarten Screening Tool (KST) in 2012 to screen incoming Kindergartners regarding their readiness for school. The KST measures children's readiness in four domains: Language/Literacy, Mathematics, Social Emotional, and Self-Portrait. In 2017, 1,384 Kindergartners and Transitional-Kindergartners were screened using this tool. Playgroup attendees scored higher than those students who did not attend playgroup.

KST Total Score (School Readiness)

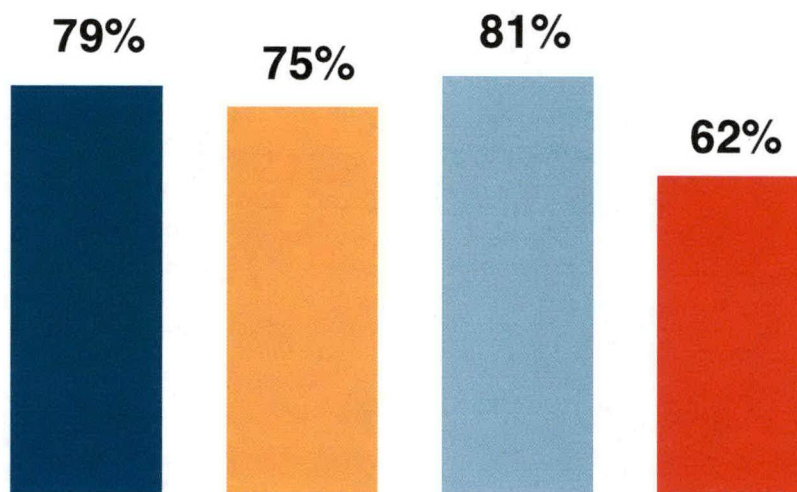
79%

Playgroup Attendees

69%

Non-Playgroup Attendees

2017 KST Results Comparing Kindergartners Who Participated in First 5 Humboldt Playgroups and Those Who Did Not



Total KST Score

■ Playgroup ■ Preschool ■ Both ■ None

Integration of Support Systems

First 5 Humboldt recognizes the importance of integrating the systems that support pregnant women and young children and their families. It is essential to collaborate across systems in order to provide primary prevention and early intervention services to Humboldt County children and families.



IMPACT

The IMPACT (Improve and Maximize Programs so All Children Thrive) Program is a partnership with First 5 California which focuses on supporting a network of local quality improvement systems to better coordinate, assess, and improve the quality of early learning settings. The program consists of providing professional development training to Family Child Care and First 5 Humboldt Playgroup staff as well as establishing a system to monitor quality improvement. In 2017, 8 First 5 Humboldt Playgroups, 19 Family Child Care Homes, and 7 Child Care Centers participated in IMPACT.



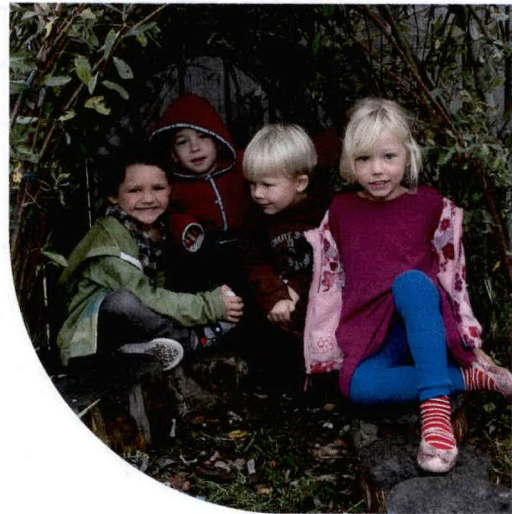
0-8 Mental Health Collaborative

The 0 to 8 Mental Health Collaborative (0-8 MHC) is composed of organizations working together to develop a transdisciplinary, responsive system capable of supporting the mental wellness of all expectant parents, young children, and their families within the context of their communities. The Collaborative is funded by First 5 Humboldt in partnership with the Humboldt County Office of Education. In 2014, the Collaborative's Infant Family Early Childhood Mental Health (IFECMH) workgroup began supporting a cohort of multi-disciplinary Humboldt County service providers in their pursuit of the California IFECMH Endorsement. In 2015, there were 6 service providers in Humboldt County with this endorsement. Currently, there are 11 county professionals endorsed by the California Center for IFECMH. In 2017, the 0-8 MHC launched the Foundational Level of the Humboldt County IFECMH Certificate Program with 19 participants.



Prevention of Adverse Childhood Experiences (ACEs) and Promotion of Resilience

First 5 Humboldt has continuously focused on preventing early childhood trauma and building resilience by promoting the Protective Factors through its funded programs, services, and activities. In 2017, with the generous support of the Vesper Society, First 5 Humboldt established new partnerships and enhanced existing ones in order to strengthen Humboldt County's capacity to address and prevent ACEs as well as promote resilience among young children and their families.



First 5 Humboldt ACEs/Resilience Project Milestones

January - June

First 5 Humboldt advocates for a portion of County of Humboldt Measure S Marijuana Tax Monies go to funding activities for young children and their families.

June

First 5 Humboldt begins a partnership with Humboldt County Department of Health and Human Services to implement ACEs/Resilience projects funded through Measure S Marijuana Tax Monies. See p. 13 for more details.

March - December

First 5 Humboldt facilitates Community Strengths and Needs Assessments and ACEs/Resilience Action Plan development in 3 major county communities through funding from Humboldt Area Foundation and North Coast Grantmaking Partnership.

November

First 5 Humboldt ACEs/Resilience Project Coordinator is hired, through funding from the Vesper Society, to support community-wide collaborative efforts.

Prevention of Adverse Childhood Experiences (ACEs) and Promotion of Resilience Continued

First 5 Humboldt and the Humboldt County Department of Health and Human Services ACEs Collaborative Partnership

In June 2017, the Humboldt County Board of Supervisors voted to have a portion of Measure 5 Marijuana Tax Monies go to fiscal year 2017-2018 funding for activities focused on young children and their families. This one-time funding led to the start of the First 5 Humboldt and Humboldt County Department of Health and Human Services ACEs Collaborative Partnership. In 2017, various programs, services, and activities were launched as a result of this partnership.

Expanding Early Childhood Mental Health Support to Playgroups

As a result of Measure 5 funding, First 5 Humboldt hired two additional part-time Early Childhood Mental Health Specialists to provide additional support to outlying and bilingual First 5 Humboldt Playgroups. At playgroup, they answer questions parents/caregivers have about their child's development and behavior, conduct informal screenings of children's behavior, provide resource and referral assistance, and conduct temperament assessments at the request of parents/caregivers. More intensive support is provided to families on an as-needed basis via office and/or home visits.

SEEDS Program

First 5 Humboldt's Social-emotional Early Educator Supports Program (SEEDS) is a prevention pilot program in which Early Childhood Mental Health Specialists support educators at Early Childhood Education (ECE) programs to better understand the social-emotional needs and promote the healthy growth and development of children in their care. Five Humboldt County ECE programs, with a total of 15 classrooms/childcare sites, receive consultation services through SEEDS. Consultants offer support to at least 18 ECE educators who provide education and care to 174 children.

ACEs Partnership Mini-Grants

Humboldt County Department of Health and Human Services in collaboration with First 5 Humboldt planned and implemented the mini-grant application process for local community-based organizations focused on serving pregnant women and youth, ages 0-8, and their families to help prevent the occurrences of ACEs, as well as increase awareness of ACEs and mitigate the impact of ACEs in Humboldt County. Seventeen organizations applied for an ACEs partnership mini-grant.

Investments & Funding

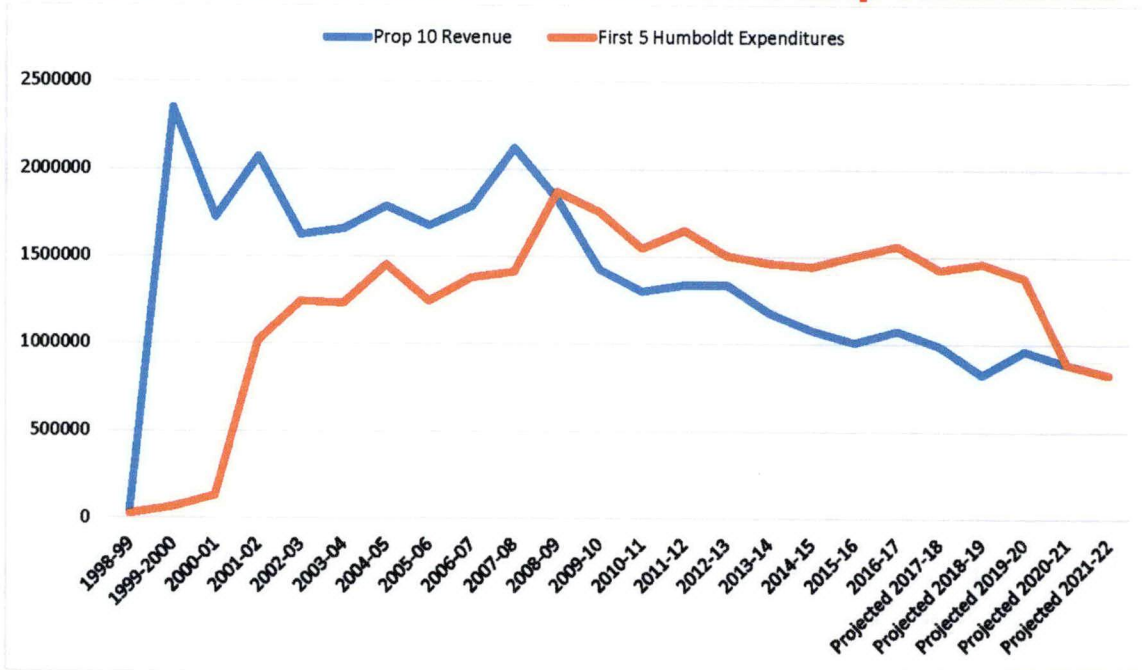
Explanation of Tobacco Tax Revenue Decline

First 5 Humboldt receives its revenue from tobacco sales in California. The 1998 ballot measure, Proposition 10, added a 50-cent tax on each pack of cigarettes sold in California. Twenty-percent of that revenue is allocated to First 5 California, and the remaining 80% is allocated to the 58 counties based on each county's birth rate. This revenue has been declining 3 to 5% each year.

In 2016, voters approved Proposition 56, which increased the tobacco tax to \$2 per pack (which includes the 50-cents previously approved), and included e-cigarettes as taxable. The new funds are designated for Medi-Cal improvements and research. A primary argument for this increase was that higher cigarette taxes are linked with decreased use. In light of this, the measure includes "back-fill" language. When the tax results in decreased sales, funds will be directed to First 5s to back-fill the loss. This means that First 5s will see a dramatic drop in revenue for the 2018-2019 fiscal year budget, but then the fund will stabilize to the 3 to 5% yearly decrease after the back-fill kicks in.

First 5s will also see a decrease in revenue due to Proposition 56, increasing the smoking age from 18 to 21, which occurred in June, 2016. Overall, fiscal experts agree that the back-fill and other changes will result in no net additional revenue for First 5 counties, and revenues will continue to see a decline.

First 5 Humboldt Revenue and Expenditures



Notes:

1. In the early years, the Commission invested a significant proportion of revenues in a "Sustainability Fund," the interest of which was supposed to sustain First 5 Humboldt work once the revenues began to decline.
2. In FY 2007-08, interest on the Sustainability Fund was more than \$298,000. In FY 2018-19, interest revenue is projected to be \$11,000.
3. The recession impacted revenues in 2009. The Commission responded by using the Sustainability Fund to increase expenditures to preserve community services at a time when the California budget began cutting steeply and payments to State contractors were delayed.
4. From FY 2008-09 until present, drawdown from the Sustainability Fund, established in the first years of the Commission, has enabled the Commission to keep community program funding reductions fairly minimal. The First 5 Humboldt 2016-2020 Strategic Plan stipulates that the Sustainability Fund not drop below \$2 million, to provide for 2 years operating expenses to "close down" programs, should First 5 revenue cease. The Commission has committed to ending drawdown from the fund in 2020. After 2021, the Commission will need to cut expenditures by 3-5% each year to keep pace with revenue reductions.
5. The dip in the FY 2018-19 budget's projected revenue is due to the lag before implementation of Prop 56 back-fill, which will stabilize First 5 revenue declines to the pre-Prop 56 trajectory of 3-5% reduction each year.

Commissioners & Staff

Megan Blanchard

Humboldt County
Department of Health & Human Services
Public Health Branch

Sydney Fisher Larson

Community Member

Veronica Meggerson

Humboldt County
Department of Health & Human Services
Social Services Branch

Dian Pecora

Community Member

Connie Sundberg

Changing Tides Family Services

Mike Wilson

Board of Supervisors, District 3

Mary Ann Hansen

Executive Director
First 5 Humboldt

Andrea Sousa

Executive Secretary
First 5 Humboldt

Jennifer Mager

IMPACT Coordinator
First 5 Humboldt

Star Mohatt

QRIS Coordinator
First 5 Humboldt

Danielle Anderson

ACES/Resilience Project Coordinator
First 5 Humboldt

This report to the community provides an overview of First 5 Humboldt programs and services plus results presented in the 2017 First 5 Humboldt Local Evaluation Report. For detailed information, please visit www.first5humboldt.org



First 5 Humboldt
325 Second Street, Ste. 201
Eureka, CA 95501
Phone: (707) 445-7389
Fax: (707) 445-7349
www.first5humboldt.org

Community Partners

Arcata United
Methodist Church

Blue Lake Community
Resource Center

City of Arcata

City of Eureka

Discovery Museum

Eel River Valley
Multigenerational Center

Humboldt County
Department of Health and
Human Services

Humboldt County Library

Humboldt County
Office of Education

Loleta Community
Resource Center

Manila Family Resource
Center

Mattole Valley Family
Resource Center

McKinleyville Community
Services District

McKinleyville Family
Resource Center

Mid-Klamath Watershed
Council

North Coast Grantmaking
Partnership

Redwood Coast Montessori

Redwood Community
Action Agency

St. Joseph Health

Southern Humboldt
Unified School District

Vesper Society

Willow Creek
Community Resource Center

Playgroups

Arcata Playcenter

D Street Community Center
14th & D Streets, Arcata
(707) 822-7091

Arcata Tiny Tots Playgroup

Arcata United Methodist Church
1762 11th Street, Arcata
(707) 822-1963

Blue Lake Playgroup

Prasch Hall/Perigot Park
312 South Railroad, Blue Lake
(707) 668-4281

Discovery Museum Playgroup

612 G Street
Suite 102, Eureka
(707) 443-9694

Fortuna Playgroup

Eel River
Multigenerational Center
2280 Newburg Road, Fortuna
(707) 725-3300

F.U.N. Play Center

Adorni Recreation Center
1011 W. Waterfront Drive,
Eureka
(707) 441-4248

Loleta Playgroup

Loleta Church
228 Church Street, Loleta
(707) 733-5239

Manila Playgroup

Manila Community
Resource Center
1611 Peninsula Drive, Manila
(707) 444-9771

Mattole Valley Playgroup

Mattole Valley Community Center
29230 Mattole Road, Petrolia
(707) 629-3348

McKinleyville Playgroup

McKinleyville Activity Center
1705 Gwin Road, McKinleyville
(707) 839-9003

Orleans Playgroup

Panaminik Building, Orleans
(530) 627-3202

Rio Dell Playgroup

Early Head Start Site
95 Center Street Rio Dell
(707) 764-5239

Miranda/So. Humboldt Playgroup

Osprey Learning Center/
South Fork East
Room 4, 159 Orchard Lane, Miranda
(707) 923-1147

Redway/So. Humboldt Playgroup

Redway School
344 Humboldt Avenue, Redway
(707) 923-1147

Shelter Cove/So. Humboldt Playgroup

At Golf Links, Community Center
Downstairs, Suite B, Shelter Cove
(707) 923-1147

Weott/So. Humboldt Playgroup

Agnes Johnson School
73 School Road, Weott
(707) 923-1147

Willow Creek Playgroup

VFW - Willow Creek Veterans Hall
#9561, 20 Kimtu Road, Willow Creek
(530) 629-3141